DOCUMENT RESUME

ED 197 877 RC 012 462

AUTHOR	Finley, Cathaleen
TITLE	Choices & Careers: Free to Choose: The Outside You. Books I, II, and III and Leaders Guide.
INSTITUTION	Wisconsin Univ., Madison, Univ. Extension.
SPONS AGENCY	Extension Service (DOA), Washington, D.C.
PUB DATE	78
NOTE	56p.: For related documents, see ED 158 936-944 and RC 012 455-461, RC 012 463-470 and RC 012 507. Some pages may not reproduce clearly.
AVAILABLE FROM	Women's Education Resources, Univ. of Wisconsin Extension, 430 Lowell Hall, 610 Langdon St., Madison, WI 53589 ($2.00).
EDRS PRICE	MF01/PC03 Plus Postage.
DESCRIPTORS	*Adolescents: American Indian Education: *American Indians: *Females: *Habit Formation: *Health Education: *Hygiene: Leaders Guides: Learning Activities: Self Care Skills
IDENTIFIERS	*Career Development Project for Tribal Girls

ABSTRACT

Designed to help tribal girls develop good grooming habits, the unit focuses on being natural and on practicing good health habits. Attention is given to such habits as bathing, care of complexion and hair, good posture, and care of the teeth and gums. The use of makeup is deemphasized. To relate the unit to pride in Indianness, bathing customs prior to the coming of the white man can be stressed. Also, the ceremonials in which Zuni women carried pottery on their heads can be related to the concept of good posture. The activity sheets in the girls' materials can be considered commitment sheets which the girls can use to make promises to themselves regarding good grooming practices. Narrative and activity sections are included for girls from 9 to 11, 12 to 14, and 15 to 18 years old. The information on acne may be used for girls 12 to 18 years old. The leaders' guide identifies the concepts to be taught, states the objectives, and outlines learning experiences to be used in the unit. (Author/CM)

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ED197877

The Outside You

by Cathaleen Finley

Choices and Careers Free To Choose

U.S. DEPARTMENT OF HEALTH, EDUCATION & WELFARE
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RC 012462

Cooperative Extension Programs
University of Wisconsin-Extension

The Outside You

Book I

by Cathaleen Finley

About The Author

Cathaleen Finley is an associate professor in the Department of Family Development at University of Wisconsin—Extension.

1978

About The Program

"The Outside You" has been developed as part of the project, Choices & Careers, Free to Choose, a career development project for tribal girls. The project was developed with the assistance of tribal women in Wisconsin and was funded with special needs funds from Extension Service—USDA.

W3GY10

Fact Sheet

The Outside You-Unit For Girls

Choices and Careers
Free To Choose

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Despite trying to help girls value what is inside themselves rather than their physical characteristics, this unit should help girls develop some good grooming habits. The focus throughout the unit is on being natural and practicing good health habits.

Attention is given to such habits as bathing, care of complexion and hair, good posture, and care of the teeth and gums. The use of makeup is deemphasized.

To relate the unit to pride in Indianness, bathing customs prior to the coming of the white man can be stressed. Also, the ceremonials in which Zuni women carried pottery on their heads can be related to the concept of good posture.

The activity sheets in the girls' materials can be considered commitment sheets. Hopefully, the girls will make promises to themselves regarding good grooming practices that they will keep.

The following concepts are included in the unit:

1. Beauty is not dependent on cosmetics.
2. Bathing is essential to good grooming.
3. Proper care of the skin can reduce skin problems.
4. Even a natural looking hair style needs some care.
5. Posture makes a difference in how a girl looks.
6. Good care of teeth and gums is essential for good dental care.
7. Hands should be clean and nails shaped, because everybody sees them.

This unit includes the following materials for girls:

"The Outside You," Book I, W3GY10 for girls ages 9 to 11.
"The Outside You," Book II, W3GM10 for girls ages 12 to 14.
"The Outside You," Book III, W3GO10 for girls ages 15 to 18.

A Leader's Guide, W2GX10, is provided. Most of the background information for teaching the unit is included in the booklets "The Outside You." Except for information on care of acne, the learning experiences in this unit are appropriate for girls 9 to 18 years old. Use the information on acne in the section on skin care with girls 12 to 18 years old.

As an aid in teaching, you might like to order the Grandma Hunter Poster from Akwesasne Notes, Mohawk Nation, via Rooseveltown, N. Y. 13683. It sells three for $1.00.

About The Author

Cathaleen Finley is an associate professor in the Department of Family Development, University of Wisconsin—Extension.

About The Program

"The Outside You" has been developed as part of the project Choices & Careers, Free to Choose, a career development project for tribal girls. The project was developed with the assistance of tribal women in Wisconsin and was funded with special needs funds from Extension Service-USDA.

Cooperative Extension Programs
University of Wisconsin-Extension

The Outside You

How you feel about the inside of yourself is important. But taking care of the outside of yourself is important too. Things like bathing, shampooing your hair, and brushing your teeth make a difference in both your looks and your health.

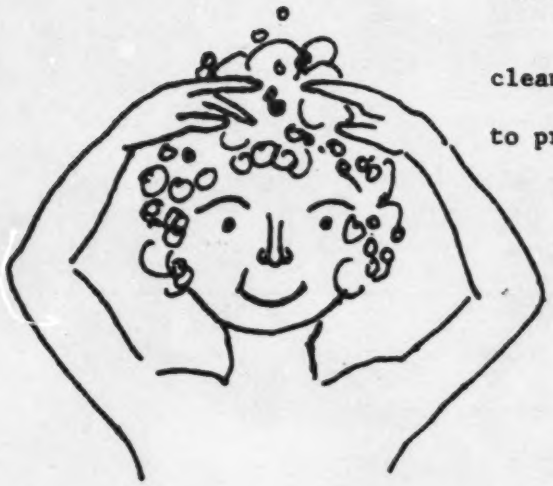
Bathing

Many people think that sweat baths came from Sweden. Really, many Indian tribes used sweat baths long before white people came to this country. Long ago, Indian people bathed every day, even in the wintertime when they used lakes and rivers for their bathtubs. It was people across the sea who invented perfumes to cover up their body odor because they didn't take baths. In fact, one person who was recording history long ago wrote, "Indian women were both cleaner and healthier than the white women of the American frontier."

Daily baths are a good idea. Bathing helps to get rid of dirt, dust, and perspiration that clings to the skin. Use plenty of soap. Water alone won't do the job.

Today, the clothes you wear are pretty casual. Jeans and a top will usually do. But, if you have a clean body, why not have clean clothes? Today, most clothes are easy to care for, so take the time to wear only clothes that are really clean.

Your Hair



To look nice, your hair must be clean. There's no other way! The key to pretty hair is washing it, as often as necessary. Some girls can get by by washing their hair once a week. For other girls, shampooing is a daily chore. Just be sure to shampoo your hair before it gets oily and stringy. When you wash your hair, be sure to rinse all the soap out, so your hair can really shine. If your hair is hard to manage, a cream rinse can help. Also, a bit of vinegar in the rinse water can add extra shine to your hair.

When you wash your hair, you should wash your brush and comb; otherwise, you just brush the dirt right back into your hair. When you clean your brush and comb, add two tablespoons of ammonia to one quart of water.

For some girls, dandruff is a bothersome problem. Dandruff causes white flakes on your hair and shoulders. If dandruff bothers you, try using a dandruff shampoo.

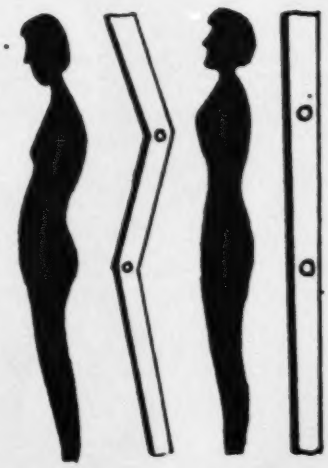
Brushing is good for your hair. Brushing gets rid of dust and it spreads natural oils from the scalp all the way down to the ends of your hair.

Today, most girls wear their hair either very long and straight, or very short and straight. Such hair styles are natural. But it is still important to give your hair some shape. If your hair is too thick, have it thinned by someone who knows how. Avoid split ends! More than one beautiful head of hair has been spoiled by a fringe of

ragged split ends. Having those split ends trimmed every so often can do wonders for your appearance.

Your Posture

Some things are priceless and belong only to you. One of those things is your posture.



Your posture can be your signature. It's written for others to see far more often than your name! Do you sign your name attractively or with a slump?

What is good posture? Stand with your body straight but relaxed. Remember, relaxing does not mean slouching. Balance the weight of your body equally on both feet with your toes pointed straight ahead. Raise your chest and relax your shoulders. Hold your head high, as though you were pushing it against the ceiling, and pull in your chin. Keep your hips drawn in, as if you were going tc slide through a small opening, and keep your abdomen flat. Now practice standing tall and relaxed in this manner until this begins to feel like the natural posture for you.

When you walk, don't plod or waddle. Body movement should be smooth and graceful. Hold your body straight but relaxed. Move your legs from the hips. Allow your thighs to lead each step with knees and ankles relaxed. Keep your knees and your toes pointed straight ahead. Take even steps that are comfortably long for you.

If you even think good posture is more trouble than it is worth, think of the Zuni women who carried pottery on their heads as part of a ceremony.

Your Smile

A smile is a funny thing! You can give it away as often as you like and still have it. A smile that starts inside and ends up with well-cared-for teeth is "instant beauty." The more you smile, the nicer you will look. Look in the mirror and smile. Notice how smiling makes your eyes twinkle and your lips curve.

For nice teeth, it is important to brush them at least twice a day, use dental floss once a day, and visit a dentist about every six months. Remember, your second set of teeth never grow back!

How do you brush your teeth? The right way is easy to remember—just brush your teeth as they grow (the lower teeth from the gums up and the upper from gums down). This motion helps to remove food particles from between the teeth. Your back teeth or molars should be brushed straight across the top with a back-and-forth motion. It is a good idea to use a soft-bristle toothbrush. You can use baking soda in place of toothpaste.

One of the most important steps in cleaning teeth is daily use of dental floss. The toothbrush cannot clean the spaces between the teeth where plaque and bits of food collect.

Cut floss 18 to 24 inches in length. Holding the floss tightly, guide it gently between the teeth. Keep the floss against the surface of the tooth as you move towards the gum. Move the floss under the gum until you feel resistance with-

out discomfort. Keep floss against the side of the tooth and move it up with a scraping motion.

Your Nails and Hands

It is hard to hide your hands. Everyone sees them. They deserve good care. It sounds very simple, but one of the best grooming aids for your hands is washing them often. Dirty hands look grubby.

A bit of hand lotion keeps your hands soft and prevents chapping, especially in cold weather.

Besides having clean nails, you want them nicely shaped without jagged or broken edges. When you do your nails with either a file or emery board, shape them into an oval. File toward the center of your nail, not in a back-and-forth motion.

If you are a nail-biter, try to quit biting your nails. Nails chewed to the quick don't look pretty and they tell the world that you have a nervous habit.

Activity Section

How Can I Have Nice Skin?

1. _____

2. _____

3. _____

4. _____

How Can I Make My Hair More Attractive?

1. _____

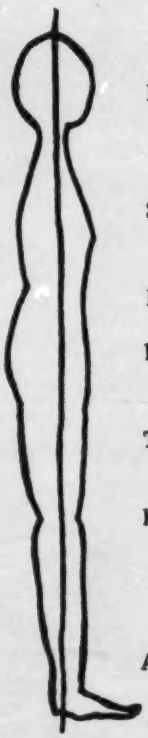
2. _____

3. _____

4. _____

My Posture Picture

Hang a weighted string in front of a long mirror. Stand sideways next to the string so the string lines up with the middle of your:



Ear

Shoulder

Elbow

Hip

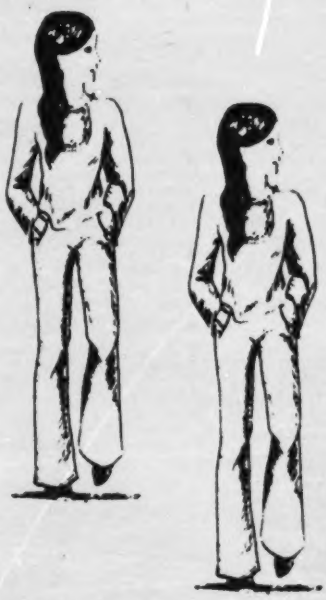
Thigh

Knee

Ankle

	YES	NO
Do I lean forward from the hips as though I'm rushing?	____	____
Do my buttocks "stand out" too much?	____	____
Does my tummy stick out?	____	____
Does my tummy sag?	____	____
Is my back swayed?	____	____
Is my back humped?	____	____
Do I carry my shoulders too high?	____	____
Are my shoulders tense and rigid?	____	____
Are my shoulders slumped and rounded?	____	____
Do my toes point in?	____	____
Do my toes point out?	____	____

To how many questions could you answer "no"? These are the things on which you won't need to do any correcting. It's the "yes" answers that give clues for where you need to do the most work.



How Can I Make a Bright Smile Brighter?

1. _____

2. _____

3. _____

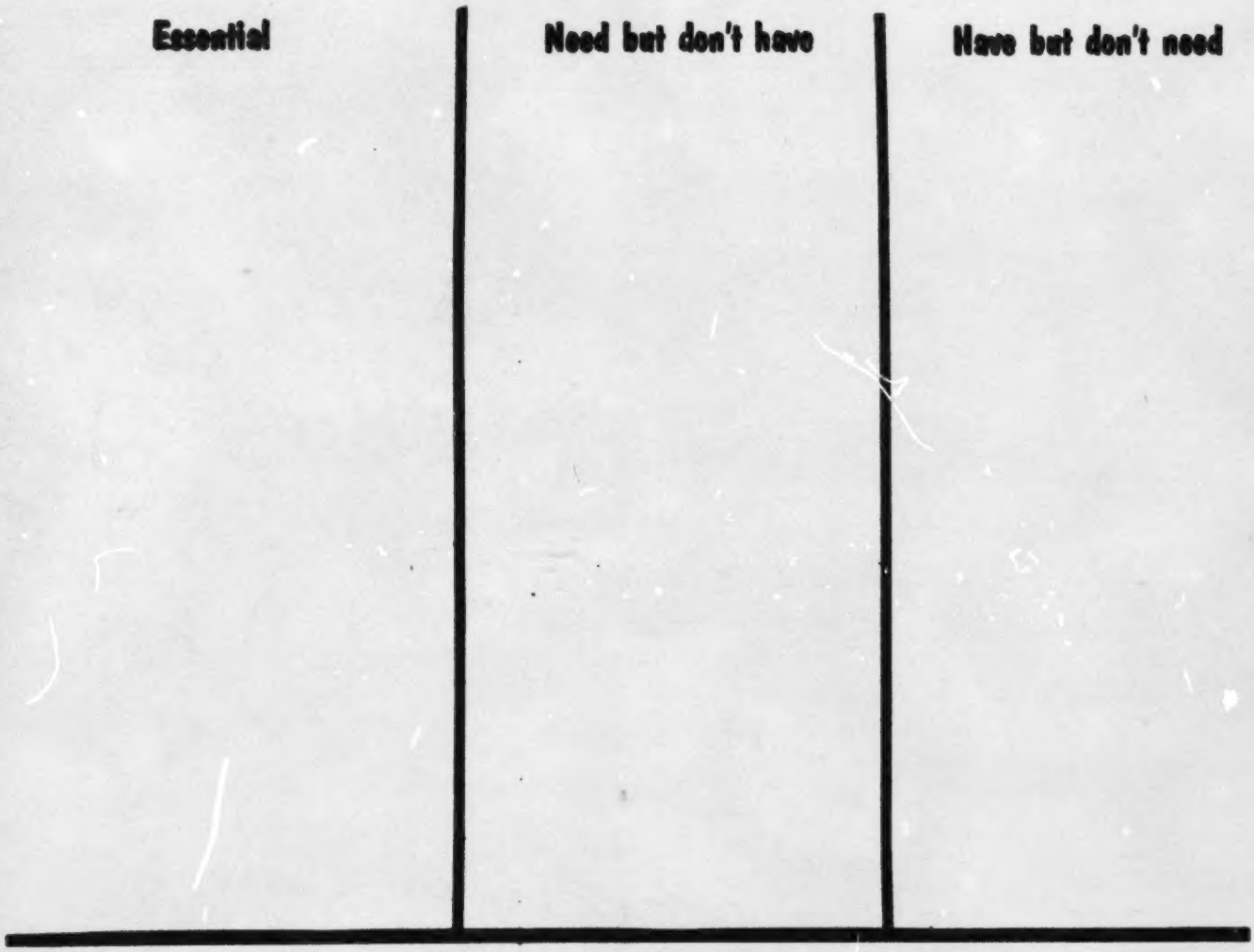
4. _____

Checklist On Good Grooming

Check which ones are essential, which ones might be useful and which ones aren't needed by you.

ESSENTIAL	MIGHT BE	DON'T NEED		
_____	_____	_____	1.	Soap
_____	_____	_____	2.	Water
_____	_____	_____	3.	Shampoo
_____	_____	_____	4.	Comb
_____	_____	_____	5.	Hairbrush
_____	_____	_____	6.	Toothpaste
_____	_____	_____	7.	Toothbrush
_____	_____	_____	8.	Dental floss
_____	_____	_____	9.	Mouthwash
_____	_____	_____	10.	Deodorant/ antiperspirant
_____	_____	_____	11.	Makeup
_____	_____	_____	12.	Rouge
_____	_____	_____	13.	Lipstick
_____	_____	_____	14.	Perfume/ cologne
_____	_____	_____	15.	Mascara
_____	_____	_____	16.	Hair spray
_____	_____	_____	17.	Hair coloring
_____	_____	_____	18.	Permanents
_____	_____	_____	19.	Hand lotion
_____	_____	_____	20.	Nail file
_____	_____	_____	21.	Nail brush

What Aids Do I Have?



Priceless Assets — Not For Sale

The Outside You

Book II

By Cathaleen Finley

About The Author

Cathaleen Finley is an associate professor in the Department of Family Development at University of Wisconsin-Extension.

About The Program

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The Outside You

How you look is somewhat like truth in packaging. The package—the image—should be like you really feel or like you want to feel or like you want others to see you.

Bathing

Many people think that sweat baths came from Sweden. Really many Indian tribes used sweat baths long before white people came to this country. Long ago Indian people bathed every day, even in the wintertime when they used lakes and rivers for their bathtubs. It was people across the sea who invented perfumes to cover up their body odor because they didn't take baths. In fact, one person who was recording history long ago wrote, "Indian women were both cleaner and healthier than the white women of the American frontier."

Unless you're fresh and clean all the cosmetics in the world aren't going to help. If you like, think of a bath as a beauty treatment. Daily baths are a good idea. Bathing helps to get rid of dirt, dust, and perspiration that clings to the skin. Use plenty of soap. Water alone won't do the job. Don't believe the old fashioned warning about not taking a bath when you are menstruating. Really it is even more important to take a bath at that time. Also, remember to

use fresh sanitary napkins or tampons as often as necessary. Bathing every day keeps the body smelling clean.

Your Complexion

All the makeup in the world can't "cover up" poorly cared-for skin. Your skin will glow only if it's "glowing clean." Carelessness in washing your face can cause many skin problems.

It's very easy, especially when you're tired, to say, "I'll do it in the morning," and fall into bed, makeup and all. Few things could be worse for troubled skin! Any dirt and impurities which may have collected on your face during the day love to sink into your skin during the night to cause trouble. And even though you carefully cleaned and cared for your skin before going to bed, it is important to wash your face lightly in the morning.

To cleanse your face, follow these easy steps:

1. Thoroughly wash your hands with soap.
2. Moisten your face with lukewarm water, using your hands or a washcloth.
3. Work up a good lather and then apply lather to your face.
4. Wash with an upward motion.
5. Rinse your face with clear water.
6. Pat your face dry with a clean towel.

Dust, oil and stale makeup lead to pimples, blotches, and bumps. Despite regular cleansing of your face, you may still have some skin problems. Sometimes skin problems are part of growing up because of changes within your body. Usually, soap and water can help overcome

the problems. If you have acne, it is important to clean carefully the part of your skin that is touched by your hair. The oil from your hair can add to your troubles. Squeezing pimples can make them look worse and injure your skin. If the condition of your skin really bothers you, you could try using a grain soap that you can buy at a drugstore. At a drugstore you can also find some non-prescription medicated acne lotions that may help.

If you think your skin problem is serious, see a physician or a dermatologist. A dermatologist is a doctor who specializes in skin care.

Your Hair

To look nice, your hair must be clean. There's no other way! The key to attractive hair is washing it, as often as necessary. Some girls can get by by washing their hair once a week. For other girls shampooing is a daily chore. Just be sure to shampoo your hair before it gets oily and stringy. When you wash your hair, be sure to rinse all the soap out, so your hair can really shine. If your hair is hard to manage a cream rinse can help. Also, a bit of vinegar in the rinse water can add extra shine to your hair.

When you wash your hair, you should wash your brush and comb; otherwise, you just brush the dirt right back into your hair. When you clean your brush and comb, add two tablespoons of ammonia to one quart of water.

For some girls, dandruff is a bothersome problem. Dandruff causes white flakes on your hair and shoulders. There is no real explana-

tion as to why some people are bothered with dandruff and others aren't. If dandruff bothers you, try using a dandruff shampoo.

Brushing is good for your hair. Brushing gets rid of dust and spreads natural oils from the scalp all the way down to the ends of your hair.

Today most girls wear their hair either very long and straight, or very short and straight. Such hair styles are natural. But it is still important to give your hair some shape. If your hair is too thick, have it thinned by someone who knows how. Avoid split ends! More than one beautiful head of hair has been spoiled by a fringe of ragged split ends. Having those split ends trimmed every so often can do wonders for your appearance.

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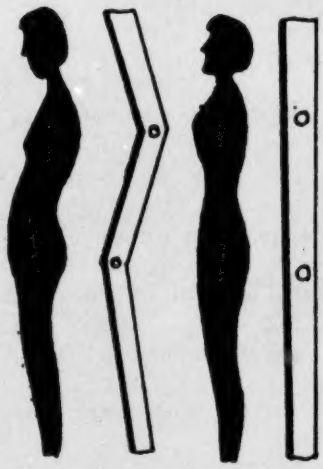

Your posture can be your signature. It's written for others to see far more often than your name! Do you sign your name attractively or with a slump?

Good posture is important for several reasons:

You look confident.
You appear poised.
You look alert and interesting.
Your silhouette looks streamlined.
You have a smaller tummy, a trimmer hipline, and an attractive bustline.
And to sum it all up, you feel better.

What is good posture? Stand with your body straight but relaxed. Remember, relaxing does not mean slouching. Balance the weight of your

body equally on both feet with your toes pointed straight ahead. Raise your chest and relax your shoulders. Hold your head high, as though you were pushing it against the ceiling, and pull in your chin. Keep your hips drawn in, as if you were going to slide through a small opening, and keep your abdomen flat. Now practice standing tall and relaxed in this manner until this begins to feel like the natural posture for you.

When you walk, don't plod or waddle. Body movement should be smooth and graceful. To acquire a good type of walk, practice these simple suggestions. Hold your body straight but relaxed. Move your legs from the hips. Allow your thighs to lead each step, with knees and ankles relaxed. Keep your knees and toes pointed straight ahead. Take even steps that are comforably long for you.

With proper control, the bony body framework can be kept in good alignment throughout all movements and positions. Good body alignment lessens body fatigue the same as good wheel alignment in your family car lessens tire wear. And don't forget, good posture contributes to good health; it helps maintain proper functioning of important body organs.

If you ever think good posture is more trouble than it's worth, think of the Zuni women who carried pottery on their heads as part of a ceremony.

Your Smile

A smile is a funny thing! You can give it away as often as you

like and still have it. A smile that starts inside and ends up with well-cared-for teeth is "instant beauty." The more you smile, the nicer you will look. Remember, everyone gets older and gets some wrinkles. Lots of smiling will give you laugh lines instead of frown lines. So stay cheerful. Look in the mirror and smile. Notice how smiling makes your eyes twinkle and your lips curve.

For nice teeth it is important to brush them at least twice a day, use dental floss once a day, and visit a dentist about every six months. Remember, permanent teeth never grow back!

How do you brush your teeth? The right way is easy to remember—just brush your teeth as they grow (the lower teeth from the gums up and the upper teeth from the gums down). This motion helps to remove food particles from between your teeth. Your back teeth or molars should be brushed straight across the top with a back-and-forth motion. It is a good idea to use a soft-bristle toothbrush. You can use baking soda in place of toothpaste.

One of the most important steps in cleaning teeth is the daily use of dental floss. The toothbrush cannot clean the spaces between the teeth where plaque and bits of food collect.

Cut floss 18 to 24 inches in length. Holding the floss tightly, guide it gently between the lower teeth. Keep the floss flat against the surface of the tooth as you move towards the gum. Move the floss under the gum until you feel resistance without discomfort. Keep the floss against the side of the tooth and move it up with a scraping motion.

Despite all the advertisements about mouthwash, it is really flossing, brushing, and a dentist's care that stop bad breath.

Your Nails and Hands

It is hard to hide your hands. Everyone sees them. They deserve good care. It sounds very simple, but one of the best grooming aids for your hands is washing them often. Dirty hands look grubby.

A bit of hand lotion keeps your hands soft and helps prevent chapping, especially in cold weather.

Besides having clean nails, you want them nicely shaped without jagged or broken edges. When you do your nails with either a file or emery board, shape them into an oval. File toward the center of your nail, not in a back-and-forth motion.

If you are a nail biter, try to quit biting your nails. Nails chewed to the quick don't look pretty, and they tell the world that you have a nervous habit.

A Final Word

Today, clothes you wear are pretty casual. Jeans and a top will usually do. But if you have a nice smile, good posture, and shiny hair, show them off with clean clothes. Today most clothes are easy to care for, so take the time and the pride in yourself to wear only clothes that are really clean.

Activity Section

How Can I Have Nice Skin?

1. _____

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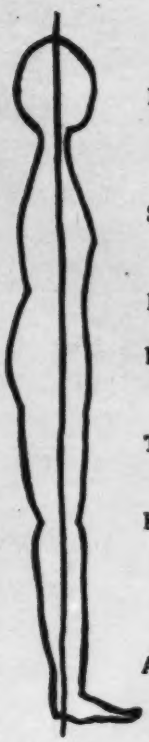

Ear

Shoulder

Elbow

Hip

Thigh

Knee

Ankle

	YES	NO
Do I lean forward from the hips as though I'm rushing?	____	____
Do my buttocks "stand out" too much?	____	____
Does my tummy stick out?	____	____
Does my tummy sag?	____	____
Is my back swayed?	____	____
Is my back humped?	____	____
Do I carry my shoulders too high?	____	____
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_____	_____	_____	13.	Lipstick
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_____	_____	_____	15.	Mascara
_____	_____	_____	16.	Hair spray
_____	_____	_____	17.	Hair coloring
_____	_____	_____	18.	Permanents
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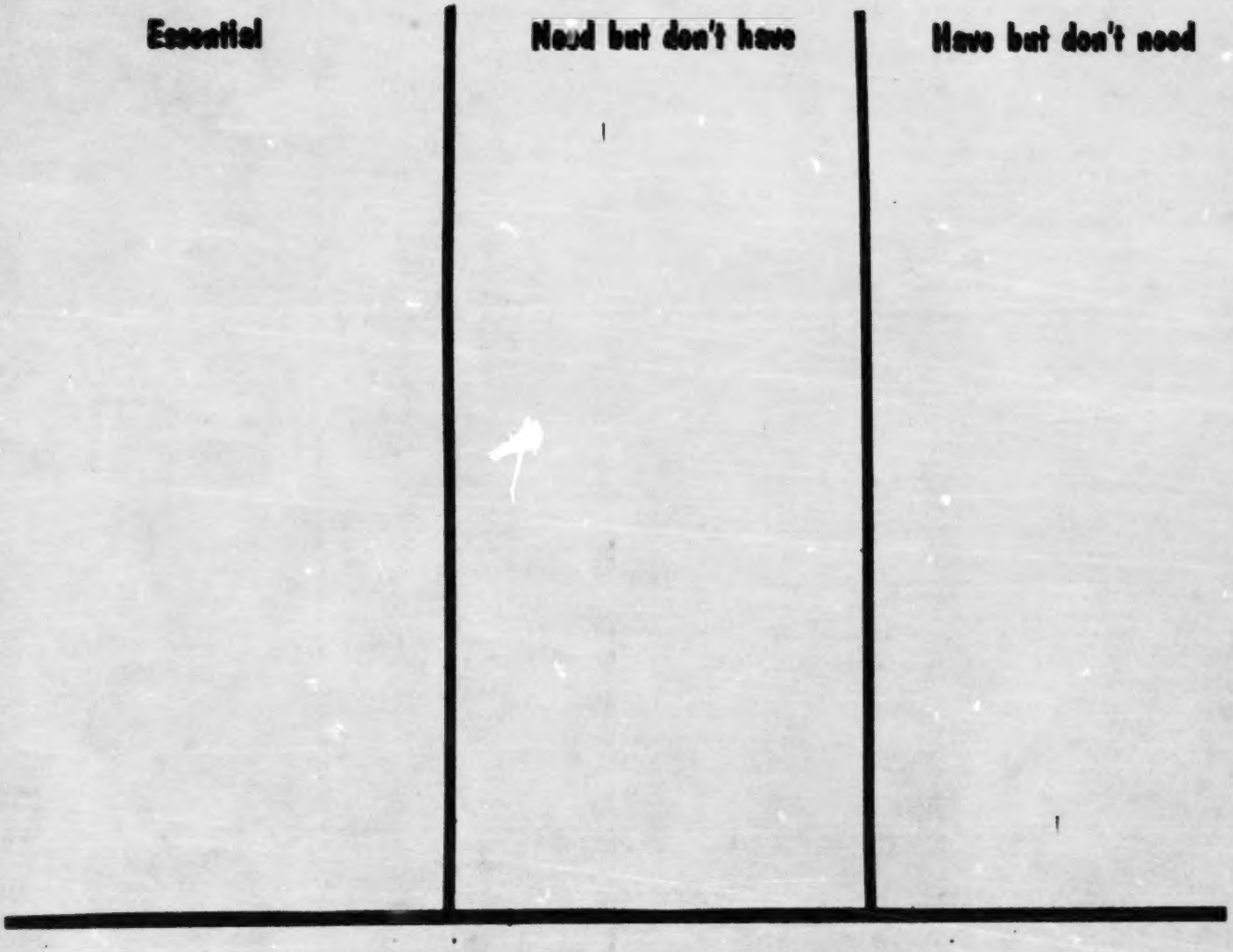

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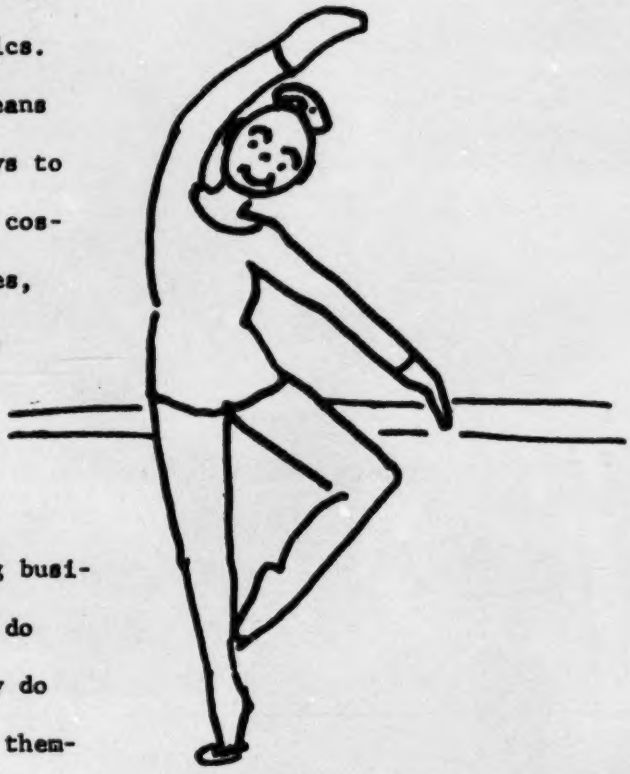
W3G010

The Outside You

How you look is somewhat like truth in packaging. The package—the image—should be like you really feel or like you want to feel or maybe like you want others to see you.

There has been a great change in how women view the way they look. Today, many women want to look natural and don't want to fuss with cosmetics. But keep in mind that liberation means to be set free and to have many ways to do things. Ads will tell you that cosmetics, sprays, padded bras, girdles, and mouthwash can make you happier. Some women say such things are meaningless and don't have anything to do with happiness.



The cosmetic industry is a big business. You might ask yourself, why do women spend money on cosmetics, why do they make so much effort to change themselves?

It is probably true that the color of one's lips, the color of one's eyelids, or the length of one's eyelashes doesn't give one happiness. However, there are a few things that are important about how one looks and feels. Following are some ideas about good grooming.

Bathing

Many people think that sweat baths came from Sweden. Really, many Indian tribes used sweat baths long before white people came to this

country. Long ago, Indian people bathed every day, even in the wintertime. They used lakes and rivers for their bathtubs. It was people across the sea who invented perfumes to cover up their body odor because they didn't take baths. In fact, one person who was recording history long ago wrote, "Indian women were both cleaner and healthier than white women of the American frontier."

Unless you're fresh and clean, all the cosmetics in the world aren't going to help. If you like, think of a bath as a beauty treatment. Daily baths are a good idea. Bathing helps to get rid of dirt, dust, and perspiration that clings to the skin. Use plenty of soap. Water alone won't do the job. Don't believe the old fashioned warning about not taking a bath when you are menstruating. Really, it is even more important to take a bath at that time. Also, remember to use fresh sanitary napkins or tampons as often as necessary. Bathing every day keeps the body smelling clean.

Your Complexion

All the makeup in the world can't "cover up" poorly cared-for skin. Your skin will glow only if it's "glowing clean." Careleasness in washing your face can cause many skin problems.

It's very easy, especially when you're tired, to say, "I'll do it in the morning," and fall into bed, makeup and all. Few things could be worse for troubled skin! Any dirt which may have collected on your face during the day loves to sink into your skin during the night to cause trouble. And even though you carefully cleaned and cared for your skin before going to bed, it is important to wash your face lightly in the morning.

To cleanse your face, follow these easy steps:

1. Thoroughly wash your hands with soap.
2. Moisten your face with lukewarm water, using your hands or a washcloth.
3. Work up a good lather and then apply lather to your face.
4. Wash with an upward motion.
5. Rinse your face with clear water.
6. Pat your face dry with a clean towel.

Dust, oil, and stale makeup lead to pimples, blotches, and bumps. Despite regular cleansing of your face, you may still have skin problems. Sometimes skin problems are part of growing up because of changes within your body. Usually, soap and water can help overcome the problems.

If you have acne, it is important to clean carefully the part of your skin that is touched by your hair. The oil from your hair can add to your troubles. Squeezing pimples can make them look worse and injure your skin.

If the condition of your skin really bothers you, you could try using a grain soap that you can buy at a drugstore. At a drugstore you can also find some nonprescription medicated acne lotions that may help.

Your Hair

To look nice, your hair must be clean. There's no other way! The key to attractive hair is washing it, as often as necessary. Some girls can get by by washing their hair once a week. For other girls, shampooing is a daily chore. Just be sure to rinse all the soap out, so your hair can really shine. If your hair is hard to manage, a cream rinse can help. Also, a bit of vinegar in the rinse water can add an extra shine to your hair.

When you wash your hair, you should wash your brush and comb; otherwise, you just brush the dirt right back into your hair. When you clean your brush and comb, add two tablespoons of ammonia to one quart of water.

For some girls, dandruff is a bothersome problem. Dandruff causes white flakes on your hair and shoulders. There is no real explanation as to why some people are bothered with dandruff and others aren't. If dandruff bothers you, try using a dandruff shampoo.

Brushing is good for your hair. Brushing gets rid of dust and spreads natural oils from the scalp all the way down to the ends of your hair.

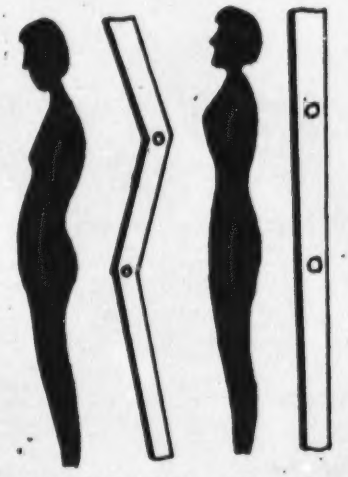
Today, most girls wear their hair either very long and straight, or very short and straight. Such hair styles are natural. But it is still important to give your hair some shape. If your hair is too thick, have it thinned by someone who knows how. Avoid split ends! More than one beautiful head of hair has been spoiled by a fringe of

ragged split ends. Having those split ends trimmed every so often can do wonders for your appearance.

Your Posture

Some things are priceless and belong only to you. One of those things is your posture.

Your posture can be your signature. It's written for others to see far more often than your name! Do you sign your name attractively or with a slump?



Good posture is important for several reasons:

You look confident.
You appear poised.
You look alert and interesting.
Your silhouette looks streamlined.
You have a smaller tummy, a trimmer hipline, and an attractive bustline.
And to sum it all up, you feel better.

What is good posture? Stand with your body straight but relaxed. Remember, relaxing does not mean slouching. Balance the weight of your body equally on both feet with your toes pointed straight ahead. Raise your chest and relax your shoulders. Hold your head high, as though you were pushing it against the ceiling, and pull in your chin. Keep your hips drawn in, as if you were going to slide through a small opening, and keep your abdomen flat. Now practice standing tall and relaxed in this manner until this begins to feel like the natural posture for you.

When you walk, don't plod or waddle. Body movement should be smooth and graceful. To acquire a good type of walk, practice these simple suggestions. Hold your body straight but relaxed. Move your legs from the hips. Allow your thighs to lead each step, with knees

and ankles relaxed. Keep your knees and your toes pointed straight ahead. Take even steps that are comfortably long for you.

With proper control, the bony body framework can be kept in good alignment throughout all movements and positions. Good body alignment lessens body fatigue the same as good wheel alignment in your family car lessens tire wear. And don't forget, good posture contributes to good health; it helps maintain proper functioning of important body organs.

If you ever think good posture is more trouble than it is worth, think of the Zuni women who carried pottery bowls on their heads as part of a ceremony.

Your Smile

A smile is a funny thing! You can give it away as often as you like and still have it. A smile that starts inside and ends up with well-cared-for teeth is "instant beauty." The more you smile, the nicer you will look. Remember, everyone gets older and gets some wrinkles. Lots of smiling will give you laugh lines instead of frown lines. So stay cheerful. Look in the mirror and smile. Notice how smiling makes your eyes twinkle and your lips curve.

For nice teeth, it is important to brush them at least twice a day, use dental floss once a day, and visit a dentist about every six months. Remember, permanent teeth never grow back.

How do you brush your teeth? The right way is

easy to remember—just brush your teeth as they grow (the lower teeth from the gums up and the upper teeth from the gums down). This motion helps to remove food particles from between your teeth. Your back teeth or molars should be brushed straight across the top with a back-and-forth motion. It is a good idea to use a soft-bristle toothbrush. You can use baking soda in place of toothpaste.

One of the most important steps in cleaning teeth is daily use of dental floss. The toothbrush cannot clean the spaces between the teeth where plaque and bits of food collect.

Cut floss 18 to 24 inches in length. Holding the floss tightly, guide it gently between the teeth. Keep the floss against the surface of the tooth as you move towards the gum. Move the floss under the gum until you feel resistance without discomfort. Keep floss against the side of the tooth and move it up with a scraping motion.

Despite all the advertisements about mouthwash, it is really flossing, brushing, and a dentist's care that stop bad breath.

Your Nails and Hands

It is hard to hide your hands. Everyone sees them. They deserve good care. It sounds very simple, but one of the best grooming aids for your hands is washing them often. Dirty hands look grubby.

A bit of hand lotion keeps your hands soft and helps prevent chapping, especially in cold weather.

Besides having clean nails, you want them nicely shaped without jagged or broken edges. When you do your nails with either a file or emery board, shape them into an

oval. File toward the center of your nail, not in a back-and-forth motion.

If you're a nail biter, try to quit biting your nails. Nails chewed to the quick don't look attractive, and they tell the world that you have a nervous habit.

Deodorant and Anti perspirants

Perspiration odor is offensive to many people. Perspiring isn't wrong; rather, it's a necessary, natural body function that helps the body get rid of some of its waste. Everyone perspires, and some people perspire more than others. Sweat glands operate without your knowing it. They're controlled by your nervous system. You perspire winter and summer, whether asleep or awake.

Perspiration can become an enemy of a well-groomed person if she doesn't keep her body clean. Deodorants or antiperspirants can't take the place of bathing. Start with a clean body, then use a deodorant to guard against unpleasant odor. You start to perspire as soon as you step from your bath. So, the best way to prevent odor from forming is to apply a deodorant or antiperspirant right after bathing.

There is a difference between deodorants and antiperspirants. Deodorants stop the growth of bacteria that cause body odor. Anti-perspirants do that as well as reduce the amount of perspiration.

Both come in many different forms—roll on, spray, cream, etc. Choose the kind you like. If you choose a liquid type, be sure it is dry before you put on your clothes. Some deodorants may be harmful to fabrics. On the other hand, they can keep your clothing from being stained.

Make -Up

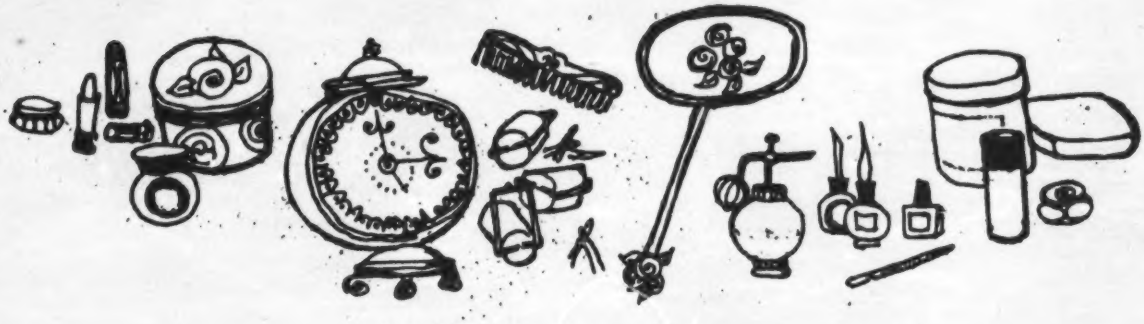
There are many cosmetics on the market. Some are useful, some are

oppressive, and some are money-makers for their manufacturers.

Fresh young skin doesn't need a lot of makeup. The purpose of cosmetics is to make you look prettier, not to hide your looks. When you're young, you probably don't need much makeup—if any.

If you do decide to use some makeup, use just a little. You don't need a mask of "goo." Let people see your eyes, not just your mascara. Let them see your lips, not just a red smear.

Ask yourself, is all that eye shadow really necessary? Is it high fashion, or is it low clown? Keep in mind that most girls naturally look pretty. Exercise, rest, and the right food will put more of a glow in your face than the most expensive cosmetics.



A Final Word

Today, the clothes you wear are pretty casual. Jeans and a top will usually do. But if you have a nice smile, good posture, and shiny hair, show them off with clean clothes. Today, most clothes are easy to care for, so take the time and the pride in yourself to wear only clothes that are really clean.

Activity Section

How Can I Have Nice Skin?

1. _____

2. _____

3. _____

4. _____

How Can I Make My Hair More Attractive?

1. _____

2. _____

3. _____

4. _____

My Posture Picture

Hang a weighted string in front of a long mirror. Stand sideways next to the string so the string lines up with the middle of your:

Ear

Shoulder

Elbow

Hip

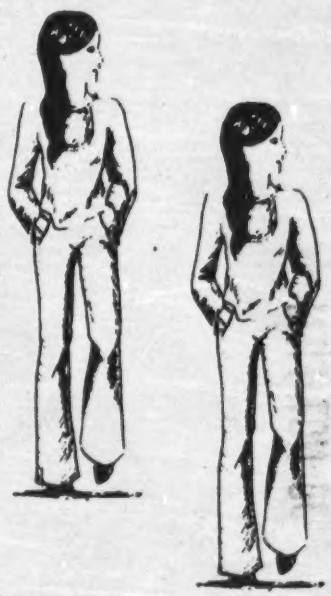
Thigh

Knee

Ankle

	YES	NO
Do I lean forward from the hips as though I'm rushing?	____	____
Do my buttocks "stand out" too much?	____	____
Does my tummy stick out?	____	____
Does my tummy sag?	____	____
Is my back swayed?	____	____
Is my back humped?	____	____
Do I carry my shoulders too high?	____	____
Are my shoulders tense and rigid?	____	____
Are my shoulders slumped and rounded?	____	____
Do my toes point in?	____	____
Do my toes point out?	____	____

To how many questions could you answer "no"? These are the things on which you won't need to do any correcting. It's the "yes" answers that give clues for where you need to do the most work.



How Can I Make a Bright Smile Brighter?

1. _____

2. _____

3. _____

4. _____

Checklist On Good Grooming

Check which ones are essential, which ones might be useful and which ones aren't needed by you.

ESSENTIAL	MIGHT BE	DON'T NEED		
_____	_____	_____	1.	Soap
_____	_____	_____	2.	Water
_____	_____	_____	3.	Shampoo
_____	_____	_____	4.	Comb
_____	_____	_____	5.	Hairbrush
_____	_____	_____	6.	Toothpaste
_____	_____	_____	7.	Toothbrush
_____	_____	_____	8.	Dental floss
_____	_____	_____	9.	Mouthwash
_____	_____	_____	10.	Deodorant/ antiperspirant
_____	_____	_____	11.	Makeup
_____	_____	_____	12.	Rouge
_____	_____	_____	13.	Lipstick
_____	_____	_____	14.	Perfume/ cologne
_____	_____	_____	15.	Mascara
_____	_____	_____	16.	Hair spray
_____	_____	_____	17.	Hair coloring
_____	_____	_____	18.	Permanents
_____	_____	_____	19.	Hand lotion
_____	_____	_____	20.	Nail file
_____	_____	_____	21.	Nail brush

What Aids Do I Have?

Essential	Need but don't have	Have but don't need

Priceless Assets — Not For Sale

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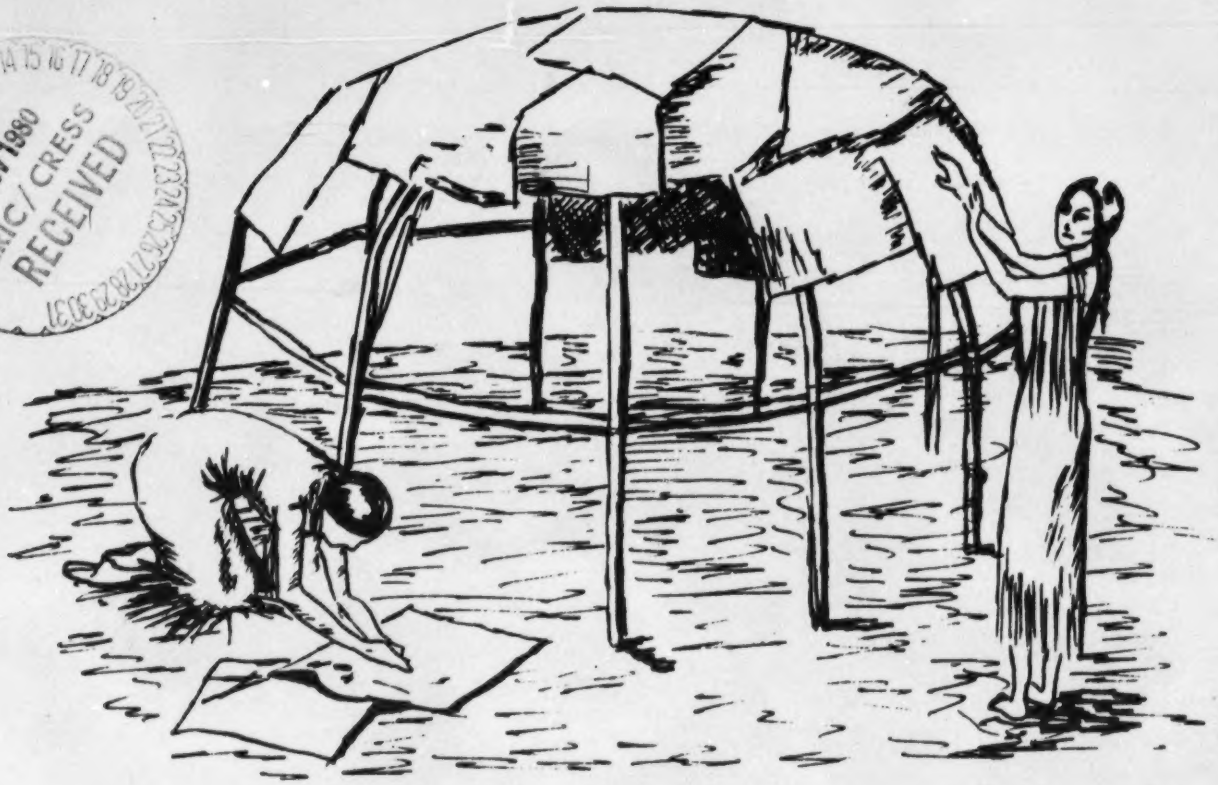

Choices & Careers
Free To Choose

Leaders Guide
The Outside You-Unit For Girls

by Cathaleen Finley

UWEX Cooperative Extension Programs
University of Wisconsin-Extension

W2GX10

The Outside You-Unit For Girls

Concept Beauty is not dependent on cosmetics.

Objective

Girls will believe they can look naturally beautiful without lots of cosmetics.

Learning Experiences

1. If it is available, show the girls the poster of Grandma Hunter, the Indian woman with the slogan about bleached hair.
   a. Ask the girls what they think of the poster.
   b. Ask the girls what physical characteristics Indian women have that they can be particularly proud of—such as black hair, tan-colored complexion, or black sparkling eyes.
2. Have the girls picture an elderly tribal woman and compare that mental picture with pictures of women in advertisements for cosmetics. Have a collection of advertisements on hand to show the girls.
   a. Ask the girls if using the cosmetics that are advertised would make an elderly woman more beautiful.
   b. Ask the girls to define the word "beautiful."
   c. Ask the girls why so many cosmetics are sold. (The cosmetic industry is a big business that makes lots of money. Cosmetic companies advertise a great deal. Men make money from selling cosmetics to women. Women buy cosmetics to try to change their appearance. Sometimes they do this to please themselves, but often they do it to please men.)
3. Clip cosmetic and good grooming advertisements from magazines. Have the girls look through the ads.
   a. Have the girls count the most frequently used words, such as "youth" and "beauty." Advertising often uses the "soft sell" and encourages sale of the product by promising to make the woman "beautiful," but does not give information about the

product.

b. Have the girls check to see what the ad really tells about the product. What is useful information? What is not?

c. Ask the girls what the ads are really telling them.

d. Ask the girls what products they actually need.

4. Discuss with the girls the fact that many Americans spend lots of money and time trying to get the nice tan complexion that Indian girls already have.

Concept Bathing is essential to good grooming.

Objective

Girls will bathe regularly.

Learning Experiences

1. Ask the girls if they know where sweat baths really started.
2. Ask girls why they think Indian people had different bathing customs than non-Indians. Which were the better customs?
3. Discuss with girls why it is important to bathe regularly.

Concept Proper care of the skin can reduce skin problems.

Objective

Girls will take appropriate care of their skin.

Learning Experiences

1. Ask girls how they take care of their skin.
2. Explain some good skin care practices, particularly careful washing

washing of the face each night and morning. Also, discuss how to wash one's face. Explain how and why lack of cleansing can cause skin problems.

3. Point out how some acne is normal during the growing-up years because hormones have a way of changing things inside the body.
4. Discuss with girls the use of some special products for acne such as grainy soaps or lotions. Discuss the need for seeing a physician for acne.
5. Have the girls complete the activity sheet "How Can I Have Nicer Skin?" on page 7 of Book I, on page 9 of Book II, and on page 11 of Book III. Use this sheet as a commitment sheet—a commitment that each girl makes to herself. Answers could include:

   I will wash my face every night.

   I will carefully wash my face where it touches my hair.

   I will not squeeze pimples.

Concept Even a natural looking hair style needs some care.

Objective

Girls will take appropriate care of their hair.

Learning Experiences

1. Ask girls how they take care of their hair. For example, what problems do they have with it and how do they take care of such problems?
2. Explain some good hair care practices, such as washing before hair gets stringy and oily, using a clean brush and comb, and trimming split ends.

3. Discuss the use of good grooming products, special hair problems such as dandruff or hard to manage hair.
4. Have girls complete the activity sheet "How Can I Make My Hair More Attractive?" on page 8 of Book I, on page 10 of Book II, and on page 12 of Book III. Their answers might include:

   I will wash my hair at least _____.

   I will have my hair trimmed before the ends are badly split.

Concept Posture makes a difference in how a girl looks.

Objective

Girls will have good posture.

Learning Experiences

1. Have the girls check posture, then use "My Posture Picture," mirror, and weighted string. The posture picture in on page 9 of Book I, on page 11 of Book II, and on page 13 of Book III.
2. Sometime during the session, play the game "Posture Freeze." Shout out the word "freeze," which means girls hold their position. Then have girls check and analyze their posture.

Concept Good care of teeth and gums is essential for good dental health.

Objectives

1. Girls will brush teeth daily.
2. Girls will floss teeth daily.
3. Girls will see a dentist every six months.

Learning Experiences

1. Discuss with girls the importance of brushing and flossing teeth daily and seeing a dentist every six months.
2. Have one of the girls demonstrate how to brush and floss teeth.
3. Have the girls complete the activity sheet "How Can I Make a Bright Smile Brighter" on page 10 of Book I, on page 12 of Book II, and on page 14 of Book III. Discuss their answers.

Concept Hands should be clean and nails nicely shaped because everybody sees them.

Objectives

1. Girls will keep hands clean.
2. Girls will keep nails neatly filed.

Learning Experiences

1. Have one of the girls give a demonstration on how to care for nails.
2. Have a pack of emery boards and have each girl file her nails.

SUMMARY

Learning Experiences

1. Have the girls complete "Checklist on Good Grooming" and discuss their answers. The checklist is on page 14 of Book I, on page 13 of Book II, and on page 15 of Book III.
2. Have the girls complete "What Aids Do I Have?" and discuss their answers. The activity is on page 12 of Book I, on page 14 of Book II, and on page 16 of Book III. The answers to priceless assets not

for sale could include posture, smile, teeth, color of eyes, hair, etc., things that belong to just that girl.

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